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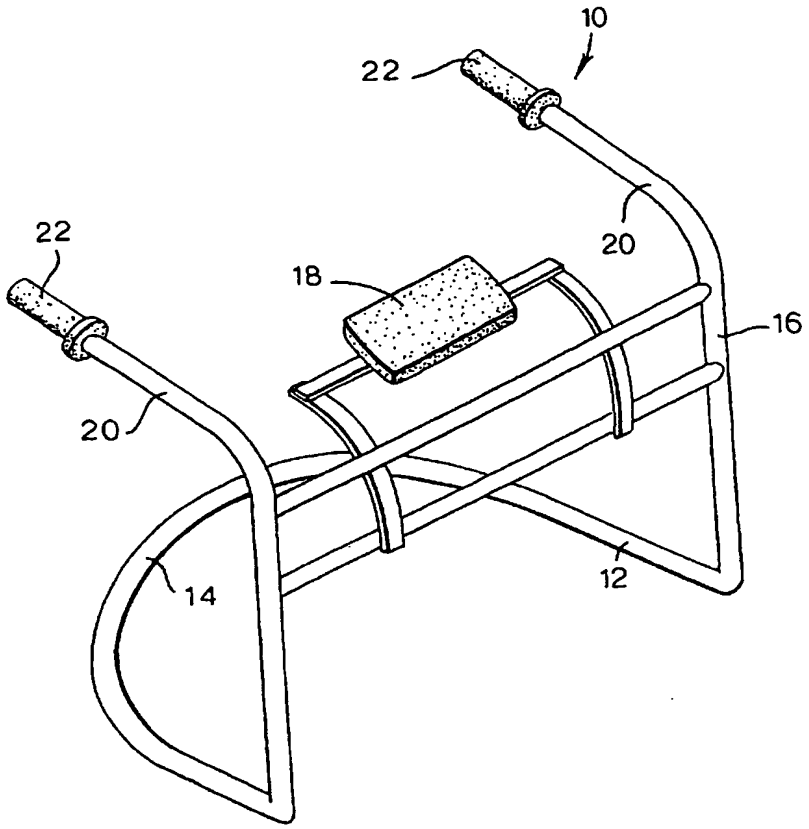
(54) Title: EXERCISING DEVICE FOR ABDOMINAL MUSCLES



(57) Abstract: The invention provides a free-standing portable exercise device (10) for executing push-ups in an inclined standing position and for simultaneously exercising the abdominal muscles of the user , the device (10) having a base (12), two elevated spaced-apart handles (22) supported by a structure above the base (16), and a spring-biased pad (18) supported by the structure and being positioned between the handles (22) to be contacted by the abdomen of an exercising user, the pad (18) being spring-loaded upwards and moving in an angular forward-downward direction when pressed upon by the abdomen of an exercising user.

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For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.

AMENDED CLAIMS

[received by the International Bureau on 30 November 2003 (30.11.03);
original claims 1-8 replaced by amended claims 1-7 (1 page)]

1. A free-standing portable exercise device for executing push-ups in an inclined standing position and for simultaneously exercising the abdominal muscles of the user, the device having a base, two elevated spaced-apart handles supported by a structure above said base, and a spring-biased pad supported by said structure and being positioned between said handles to be contacted by the abdomen of an exercising user, said pad being spring-loaded upwards and moving in an angular forward-downward direction when pressed upon by the abdomen of an exercising user, wherein said pad is provided with an outer major face and is pivotally supported relative to said structure so that when contacted by the body of a user executing push-ups in an inclined standing position the outer major face of said pad assumes a plane substantially parallel to and in contact with the abdominal area of the user.

2. An exercise device according to claim 1, wherein said pad is pivotally supported on a circular section member and can be readily removed therefrom and replaced thereon without the use of tools.

3. An exercise device according to claim 2, wherein a plurality of abdominal contacting pads are provided, including one basically smooth pad and a second alternative pad provided with an array of dome-like projections on its outer major face.

4. An exercise device according to claim 1, wherein spring loading is provided by at least one leaf spring rigidly supported at its lower extremity by a structural component of said device.

5. An exercise device according to claim 4, wherein said upward spring loading is provided by two spaced-apart leaf springs each rigidly gripped at a lower extremity thereof by a structural component of said device.

6. An exercise device according to claim 5, wherein additional leaf springs are provided and can selectively be inserted into and retained by a holding device attached to said structural component, to contact and stiffen the existing leaf spring(s).

7. An exercise device according to claim 1, wherein said structure is provided with height-adjusting means.